

5 years old – 14 years old

Advanced

**Course Goals**

- Flutter kick in proper streamline position for 100 yards,
- Freestyle swim with bilateral breathing 100 yards,
- Backstroke swim 100 yards,
- Breaststroke swim 50 yards,
- Butterfly swim 50 yards,
- Tread water, 5 minutes
- Front dive, Flip turns

**Advanced Level Schedule**

Sun	1:40 pm - 2:25 pm	M \$275/NM \$330
Tues	5:20 pm - 6:05 pm	M \$275/NM \$330
Thurs	5:20 pm - 6:05 pm	M \$275/NM \$330
Sat	2:25 pm - 3:10 pm	M \$275/NM \$330

**9 years old and up  
Swim Team Preparation**

Highest level class which provides a team-like training atmosphere for swimmers who want to practice often. Swimmers gain quality endurance training and improve fitness level. They will refine stroke techniques and learn competitive skills such as pace-clock orientation. This class will prepare the swimmer to join any swim team and become a stronger, faster swimmer.

**Swim Team Preparation Schedule**

Sun	1:40 pm - 2:25 pm	M \$275/NM \$330
Tues	6:05 pm - 6:50 pm	M \$275/NM \$330
Thurs	6:05 pm - 6:50 pm	M \$275/NM \$330
Sat	2:25 pm - 3:10 pm	M \$275/NM \$330



**Calendar  
Winter 2019**

# sessions	Day	Start date	End date
11	Sun	01/20/19	03/31/19
9	Mon	01/14/19	03/25/19
11	Tues	01/15/19	03/26/19
11	Wed	01/16/19	03/27/19
11	Thurs	01/17/19	03/28/19
11	Sat	01/19/19	03/30/19

**NO CLASSES  
01/21, 02/18**

**Where is my child's class located?**

All classes are held in the Kings Bay Y building. Please bring your receipt or membership card. From there you'll be directed to the locker rooms.

**What do I need to bring to the swimming lesson?**

Your child will need a bathing suit, swim cap, towel and lock. A swim diaper is mandatory for Parent and Me classes.

**How should I prepare my child for the lesson?**

Each swimmer must take a shower before entering the pool. Entrance is from locker rooms only. Please do not change your child's clothing on the pool deck. Your child should be in the waiting area by the pool until the instructor indicates start of class.

**Where can I keep my belongings during the lesson?**

The locker rooms are available for use during lesson only. **Please bring your own lock. Children of the opposite gender over 5 years old are not allowed in the locker room.** The family changing room is available for use by the pool area.

**What is your student to teacher ratio ?**

1:4 for youngest group; 1:6 for beginner level classes; 1:7 for intermediate, advanced and swim team prep.

**What is your make-up policy?**

Two make-up classes are allowed within the current session. No refunds are issued for any classes missed or cancelled after 2 lessons.

**What is your observation policy?**

You can watch your child learn to swim from the balcony on the second floor.

**How warm is the pool?**

Our pool is kept between 82-84 degrees



**Learn to Swim Class Schedule  
WINTER 2019**

**Kings Bay YM-YWHA  
3495 Nostrand Avenue  
(Between Ave U and V)  
Brooklyn, NY 11229**



**For more information, please contact Eugene at  
718.648.7703 ext. 221  
info@kingsbay.org  
www.kingsbay.org**





## 4 months - 3.5 years old

### Parent and Me

#### Course Goals

Comfort and submersion in the water  
Introduction to breath control and patterns  
Kicking, reaching, grabbing, comfortable on back  
and arm movement

#### Parent and Me Schedule

Sun	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
Sat	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 pm - 12:00 pm	M \$275/NM \$330

## 3.5 years old – 5 years old

### Beginner 1 Level

#### Course Goals

Comfort in the water, introduction to breathing patterns and control, submersion in the water, and comfort on back

#### Beginner 1 Level Schedule

Sun	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
Mon	4:30 pm - 5:15 pm	M \$225/NM \$270
Wed	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
	12:00 pm - 12:45 am	M \$275/NM \$330

### Beginner 2 Level

#### Course Goals

Jumping in and climbing out of water, head immersion, Proper streamline position, flutter kick in streamline position for 5 yards, swim free style and backstroke for 15 yards , Deep water trading for 15 seconds  
and push off with streamline

#### Beginner 2 Level Schedule

Sun	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
Mon	4:30 pm - 5:15 pm	M \$225/NM \$270
Wed	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	10:30 am - 11:15 am	M \$275/NM \$330
	12:00 pm - 12:45 pm	M \$275/NM \$330

## 5 years old – 8 years old

### Beginner 1 Level

#### Course Goals

Submerge face in water, float on front and back,  
roll over with support, swim freestyle for 10 yards on front with support, enter and exit water independently

#### Beginner 1 Level Schedule

Sun	12:00 pm - 12:45 p m	M \$275/NM \$330
	12:50 pm - 1:35 pm	M \$275/NM \$330
Mon	5:15 pm - 6:00 pm	M \$225/NM \$270
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	11:15 am - 12:00 pm	M \$275/NM \$330
	12:45 pm - 1:30 pm	M \$275/NM \$330
	1:35 pm - 2:20 pm	M \$275/NM \$330

### Beginner 2 Level

#### Course Goals

Flutter kick for 15 yards front and back, push off with streamline, freestyle and backstroke for 20 yards and  
Deep water training, 30 seconds

#### Beginner 2 Level Schedule

Sun	12:00 pm - 12:45 pm	M \$275/NM \$330
Mon	5:15 pm - 6:00 pm	M \$225/NM \$270
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	11:15 pm - 12:00 pm	M \$275/NM \$330
	12:45 am - 1:30 pm	M \$275/NM \$330

### Intermediate

#### Course Goals

Flutter kick for 50 yards front and back, backstroke and breast stroke swim for 50 yards, freestyle swim with bilateral breathing for 50 yards, dolphin kick for 50 yards  
Tread water, 1 minute and front dive

#### Intermediate Level Schedule

Sun	12:00 pm - 12:45pm	M \$275/NM \$330
	12:50 pm - 1:35 pm	M \$275/NM \$330
Mon	5:15 pm - 6:00 pm	M \$225/NM \$270
Tues	5:20 pm - 6:05 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	5:20 pm - 6:05 pm	M \$275/NM \$330
Sat	12:45pm - 1:30 pm	M \$275/NM \$330
	1:35 pm - 2:20 pm	M \$275/NM \$330

## 9 years old – 14 years old

### Beginner 1 Level

#### Course Goals

Submerge face in water  
Float on front and back, roll over with support  
Swim freestyle for 10 yards with support  
Enter and exit water independently

#### Beginner 1 Level Schedule

Sun	12:50 pm - 1:35 pm	M \$275/NM \$330
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	1:35 pm - 2:20 pm	M \$275/NM \$330

### Beginner 2 Level

#### Course Goals

Flutter kick for 20 yards front and back  
Push off with streamline  
Freestyle and backstroke for 20 yards  
Deep water training, 30 seconds

#### Beginner 2 Level Schedule

Sun	12:50 pm - 1:35 pm	M \$275/NM \$330
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	1:35 pm - 2:20 pm	M \$275/NM \$330

### Intermediate

#### Course Goals

Flutter kick for 50 yards front and back  
Backstroke and breast stroke swim for 50 yards  
Freestyle swim with bilateral breathing for 50 yards  
Dolphin kick for 50 yards,  
Tread water for 1 minute and front dive

#### Intermediate Level Schedule

Sun	1:40 pm - 2:25 pm	M \$275/NM \$330
Tues	5:20 pm - 6:05 pm	M \$275/NM \$330
Thurs	5:20 pm - 6:05 pm	M \$275/NM \$330
Sat	2:25 pm - 3:10 pm	M \$275/NM \$330

